



## Student Mobility/Exchange Program Returning Student Report

**OCAD U Program:**

**Host University:**

**Host Country:**

**Faculty/Department at Host Institution:**

**Semester:**

**Date of Report:**

### 1. OVERALL EVALUATION

**How would you rate your exchange experience overall?**

**Poor** **Excellent**  
1  2  3  4  5  6  7  8  9  10

**Why did you choose this host institution? What key factors or issues influenced your decision?**

**Please share a couple of your most positive experiences and a couple of the biggest challenges you faced.**

### 2. PREPARATION

**Please describe your preparation for the exchange, including banking, travel documents and student visa application. In retrospect, would you have done anything differently?**

**Are there any important items (e.g. art and design supplies, documents, specialty foods, health items) that a student should take to your host country?**

### **3. ARRIVAL**

**Was anyone at the airport, train station, etc. to meet you? Did you experience any difficulties upon arrival?**

**When should students plan to arrive at the host university? When did you arrive? Would you have benefited from arriving earlier?**

**Was there an orientation session offered at your host university? If yes, did you attend and what did you learn?**

**Is there a coordinating office for international students, including exchange students, at your host university? Is there a staff person you would recommend students approach with their questions?**

### **4. ACCOMMODATION**

**Where did you live during your exchange? Were you happy with your accommodation?**

**Did you have any difficulties arranging accommodation? Did the host institution assist you?**

### **5. STUDIES AT HOST INSTITUTION**

**To better understand the similarities and differences between academic studies at OCAD U and at your host university, please comment on the following:**

**Level of academic difficulty and challenge:**

**Time spent in class (# of hours per week) :**

**Time spent working on projects outside of class (# of hours per week) :**

**Studio-based work:**

**Written assignments:**

**Interaction between students and professors:**

## **6. SERVICES**

**Were there any extracurricular activities/events scheduled for exchange/international students at your host university (cultural visits, trips, workshops, etc.)? Which ones would you recommend?**

**What were the library and computer facilities like?**

## **7. COST OF LIVING**

**How did you prepare yourself financially for your exchange? Did you pay for the experience entirely out of your own savings? Did you receive loans and/or financial awards (scholarships or bursaries)? Did you have help from family?**

**In general, was the cost of living in your host country higher, lower, or similar to that in Canada? Please explain.**

## **8. EXPENSES**

**Exchange rate with host country:**

**Time spent in host country (month/year - month/year):**

**Would you estimate that you spent more, less, or the same amount as an average, local student attending your host institution?**

**Please complete the following budget to give other students an idea of what they can expect to spend in the host country.**

**Basic Expenses in Canadian Dollars:**

1. Tuition and general fees (paid to OCAD U): \$	
2. School supplies: \$	
3. Rent or university residence: \$ /month = \$	
4. Rent-related expenses:	
A) Electricity/Water: \$ /month	
B) Telephone: \$ /month	
C) Cable: \$ /month	
D) Other (specify) \$ /month	
5. Groceries or Meal Plan: \$ /month = \$	
6. Personal expenses (toiletries/cosmetics, etc.): \$ /month = \$	
8. Laundry: \$ /month = \$	
7. Transportation: \$ /month = \$	
9. Leisure (Sports, Entertainment, etc.): \$	
10. Travel health insurance: \$	
11. Medical expenses in host country: \$	
12. Round trip plane ticket: \$	
13. Travel/trips during exchange: \$	
14. Student visa: \$	
15. Other expenses (please specify): \$	
Estimated Total Expenses: \$	

## **9. ADAPTING TO YOUR HOST COUNTRY**

**Did you experience any “culture shock” during your exchange? How did you deal with it? Do you have any advice for students on how to adapt to life in your host country?**

**Was there a lot of interaction between local students and exchange/international students? What is the best way to develop friendships with students from your host institution?**

**Was there anything that you felt was strikingly different from what you expected?**

## **10. ADDITIONAL COMMENTS:**

*Please email your report to International Student Services at [international@ocadu.ca](mailto:international@ocadu.ca).*